

AMENDMENTS TO THE SPECIFICATION

Please amend the paragraph beginning on page 5, line 21 as follows:

FIG. 3 is a side view of the post of FIG. 1 in a rearwardly bent state, for example, when impacted from front on by a vehicle in a direct wheel-over. When installed in the ground 100, a recess 50 is formed in the ground above the base 20 and immediately behind the body 30 to allow uninhibited bending of the body 30. The recess 50 may be formed by removing a portion of the ground and extends across the body rear face 33. The recess 50 is typically at least 100 mm deep and extends at least 100 mm rearwardly of the transverse axis $[[L]] \perp$ of the body 30 at the ground surface. This allows a bend radius of 100 mm for the body 30 compared with a bend radius of near zero for tight right angled bends that occur in prior art post installations. This assists in enabling elastic bending of the body 30 and reduces fatigue, while allowing the body 30 to lie substantially prostrate on the surface of the ground 100 as the vehicle wheel rolls over the body 30. This minimises damage to the wheel, vehicle and post 10. The recess 50 may be filled with sand or another loose or compressible material without significantly ~~effecting~~ affecting the bend radius of the lower portion 36.

Please amend the paragraph beginning on page 6, line 5 as follows:

[0047] The body 30 is able to bend through 90° from the vertical when impacted either from the front or the rear, bending about the transverse axis $[[L]] \perp$ to either side of the longitudinal axis $[[T]] \underline{\hspace{0.5em}}$. To allow uninhibited bending of the body 30 when impacted from the rear, a further recess 51 may be formed in the ground above the base 20 immediately forward of the body 30, and extending across the body front face 31 as depicted in FIG. 4.